and courage to face my problems. Out of such study and out of my experience whatever I have digested and gathered, has been compiled in this book, in my own form.

In this work of mine, my daughter Hemadevi, has helped me by collecting and compiling some fine material for this good cause. I thank her for the time and effort, she has put in.

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I am sure, the readers would like the contents of this little book which would give them courage and confidence at the hour of need to overcome their problems and attain Success and Happiness, ultimately.

**Dr. B.N. Reddy**